

2017/2018 Albuquerque & Bernalillo County

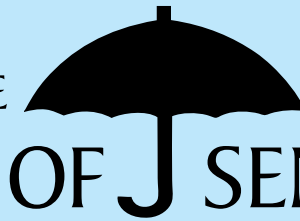
QUICK GUIDE

to Senior Services

CITY OF ALBUQUERQUE

BERNALILLO COUNTY

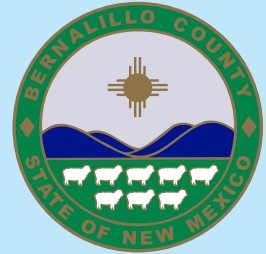
DEPARTMENT OF



SENIOR AFFAIRS



Mayor Richard J. Berry
Director Jorja Armijo-Brasher



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**BlueCross BlueShield
of New Mexico**

A Division of Health Care Service Corporation, a Mutual Legal Reserve Company,
an Independent Licensee of the Blue Cross and Blue Shield Association



CITY OF ALBUQUERQUE

Department of Senior Affairs
714 7th Street SW
Albuquerque, NM 87102

Richard J. Berry, Mayor

Jorja Armijo-Brasher, Director

July 2017

Dear Friends:

The Department of Senior Affairs is pleased to bring you the newest edition of the City of Albuquerque, Department of Senior Affairs Quick Guide to Senior Services. We appreciate Blue Cross Blue Shield for again sponsoring this informative publication. This edition of the Quick Guide provides seniors and other community residents “quick” access to new as well as updated information about a variety of government and not-for-profit organizations.

Look inside these pages to see the variety of resources available to you in our community, including:

- Benefits and Assistance Programs
- Consumer and Legal Assistance
- Disabilities Programs
- Home Services
- In-Home Care and Caregiver Resources
- Nutrition Resources
- Pet Resources
- Physical Fitness
- Senior/Multigenerational Centers
- Transportation

Please call the Senior Information & Assistance Program at (505) 764-6400 for information regarding the services and programs offered by the City of Albuquerque’s Department of Senior Affairs. Individuals are available to help you Monday through Friday, between 8:30 a.m. and 4:30 p.m. If you prefer to gather information via the computer, our website is www.cabq.gov/seniors and our e-mail address is seniorinformation@cabq.gov.

Age Well Albuquerque!



Richard J. Berry, Mayor
City of Albuquerque



Jorja Armijo-Brasher, Director
City of Albuquerque
Department of Senior Affairs



CITY OF ALBUQUERQUE
Mayor Richard J. Berry



BERNALILLO COUNTY
Jorja Armijo-Brasher, Director



DEPARTMENT OF SENIOR AFFAIRS

Senior Information & Assistance Program

Linking Seniors and Services Together

505-764-6400

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CITY OF ALBUQUERQUE



BERNALILLO COUNTY

DEPARTMENT OF SENIOR AFFAIRS



714 Seventh Street SW
Albuquerque, New Mexico 87102
www.cabq.gov/seniors
Fax: (505)764-6455; TTY 1-800-659-8331

SERVICES AND OPPORTUNITIES

Senior Information & Assistance Program (505)764-6400

- * Information, referrals, and assistance on senior concerns/issues.
- * Linkages to senior services and to other community resources.

Recreation

- Breakfast and Lunch
- Recreation and Learning
- 4 Sports and Fitness Ctrs & Programs
- 6 Senior Centers
- 2 Multigenerational Center
- Planet 50+ Activities

Volunteer Programs

- Retired & Senior Volunteer Program (R.S.V.P.)
- Foster Grandparent Program
- Senior Companion Program

Senior Social Services

- Care Coordination
- Home Chores, Repair, Retrofit
- Senior Information Line

Transportation/Nutrition

- Home-Delivered Meals
- Meal Sites
 - Recreation
 - Lunch
- Transportation

The information in this *Quick Guide to Senior Services* is correct, to the best of our knowledge, as of July 2017. Inclusion of a service does not imply endorsement, nor does exclusion reflect on the quality of service.

The Department of Senior Affairs requests contributions to offset expenses for some services and materials meals, exercise classes, transportation, Home Chores, Home Repair and Home Retrofit services. No one will be denied service if he/she chooses not to contribute.

INFORMATION

Department of Senior Affairs – DSA Senior Information, 714 7th SW.....764-6400
Information & referral to community services for Bernalillo County residents aged 60+, caregivers, and service providers.

Ask United Way – Albuquerque, 2340 Alamo Ave SE.....Main: 247-3671
2nd Floor, M-F, 8a.m. – 5p.m.....**Info & Referral: 211 or 245-1735**

AARP Information Center – Albuquerque, 1930 Juan Tabo Blvd NE, Ste J, 87112.....830-3096
Mon.-Thurs., 10 a.m. – 3 p.m., Fri. 10a.m. - 1 p.m.

Eldercare Locator, Monday – Friday, 9 a.m. – 8 p.m., Eastern Time1-800-677-1116
.....**www.eldercare.gov**

Information Center for New Mexicans with Disabilities.....TTY 505-272-0321
.....**1-800-552-8195**

Resource Information outside Bernalillo County:

New Mexico Aging & Long Term Services Dept.....1-866-451-2901
.....**www.nmaging.state.nm.us**

Santa Fe Office (Aging & Disability Resource Center).....1-800-432-2080
Albuquerque Office.....222-4500 or 1-866-842-9230

Sandoval County Senior Program.....867-7535
1500 Idalia Rd. NE Bldg. D, Bernalillo, NM 87004 (Mail: P.O. Box 40, Bernalillo 87004).

Torrance County Senior Service.....384-5010
305 Highland Ave. (Mail to: P.O. Box 203, Estancia, NM 87016)
Providing transportation, meals, & homebound meals. Handicap accessible vehicles available.

Valencia County Older American Program.....864-6739 or 864-2663
715-A South Main, Belen 87002

NON - EMERGENCY

Albq Citizens Contact Center For City Wide Information.....311
(Mon. - Sat. 6 a.m - 9 p.m., Sun. 9 a.m. - 6 p.m.)

Albuquerque Fire/Rescue.....833-7397

Albuquerque Police Department.....242-2677

Bernalillo County Fire Department/Rescue.....798-7000

Bernalillo County Sheriff's Department.....798-7000

EMERGENCY

Emergency.....911

Adult Protective Services: State of NM (APS) (24/7)*1-866-654-3219
Investigates allegations of abuse, neglect, and/or exploitation of individuals 18 years & older. Offers services to prevent or remedy above situations.

Agora Help-line.....277-3013 or 1-866-HELP-1-NM
Crisis and non-crisis. All-issues, free, confidential listening service. Free resource referrals.

* 24/7 = 24 hours per day, 7 days per week.

Albuquerque Ambulance (24/7)*	761-8200
Albuquerque Water Utility Authority	842-WATR (9287)
Dispatch center is available 24 hours a day for reporting water and sewer emergencies, requesting emergency turn-offs, customer services and report water waste.	
National Prevention Suicide Crisis (24/7)*	1-855-662-7474
NM Crisis & Access Line (24/7)*	1-855-NMCRISIS (662-7474) 1-855-227-5485 TTY
A statewide mental health crisis line for individuals who reside in New Mexico. Professional mental health counselors answer calls 24 hours a day. They provide support for individuals in crisis and individuals who know someone who is in crisis.....	
	www.nmcrisisline.com
NM Gas - Natural Gas Related Emergency	1-888-664-2726 or 1-888-NM-GAS-CO
Report natural gas related emergencies. If you smell gas, report it.	
NM Poison & Drug Information Center	1-800-222-1222
Dedicated to the prevention and treatment of poisoning in NM. Experts assess and make treatment recommendations during possible poisonings and assist emergency personnel during hazard material incidents.	
PNM Power Outage	1-888-342-5766
Report a power outage in your area (24/7*).	
Rape Crisis Center of Central NM (24/7)*	266-7711 or 1-888-811-8282
The Safe House (24/7)*	Statewide 1-800-773-3645 or Albuquerque 247-4219
UNMH Psychiatric Center	272-2800
Psychiatric Emergency (24/7)*	272-2920
Psychiatric Urgent Care Clinic (Hours: Mon. - Fri., 7:00 am - 1:00 pm)	272-9038
Utility Emergencies (24/7)*PNM	246-5700; Water.....857-8250
Veterans Crisis Line (24/7)*	1-800-273-8255 or 1-800-799-4889 TTY
or send text message to 838255
The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified responders from the Department of Veterans Affairs. Provide confidential support 24 hours a day.	

BENEFITS AND ASSISTANCE PROGRAMS

Medicare and Related Programs

Adelante - Benefits Connection.....273-5222 (Albuq. Area)/1-844-266-2236 (Statewide)

Assist low income seniors (65+) and individuals with disability (21+) enroll in benefits: Medicaid, LIHEAP, SNAP, SSI, Medicare Savings Programs, Medicare Part D Low Income Subsidy.

ADRC/ALTSD - Senior Medicare Patrol (SMP).....1-800-432-2080

Free counseling service for beneficiaries regarding Medicare & Medicaid billing. Offer education on ways to protect funding. Responds to concerns about fraud committed by providers.

Albuquerque Vet Center 1600 Mountain Rd. NW.....346-6562 or Fax 346-6572

VA's readjustment counseling is provided at community-based Vet Centers. Service members and their families can receive confidential counseling and reduce barriers to care. All Vet Center services are prepaid through military service. For assistance after hours, weekends and holidays, call: **1-877-WAR-VET or (1-877-927-8387)**

Benefits Counseling – Bernalillo County Regional Office.....1-800-432-2080

The statewide HIBAC benefits counseling program provides information, assistance, and counseling relating to Medicare, Medicaid, supplemental health insurance, and other benefits programs.

Health Insight New Mexico.....998-9898 or 1-800-663-6351

Medicare Quality Improvement Organization (QIO) reviews concerns from Medicare patients & their families about early discharge & quality of medical care received under Medicare.

Medicare Information..... www.medicare.gov or 1-800-633-4227

Provides information about enrollment, replacement cards, change of addressplan choices, billing questions, Medicare approved discount cards, Medicaid & more.

Social Security Eligibility and Applications.....1-800-772-1213

The Social Security Administration.....www.socialsecurity.gov

New Mexico Human Services Department Income Support Division (ISD)

www.state.nm.us/hsd

Northeast: 4330 Cutler Ave. NE.....222-9600

For residents east of San Mateo & north of Central, Mon. - Fri., 8 a.m. - 4:30 p.m.

Northwest: 1041 Lamberton Place NE.....841-7700

For residents west of San Mateo & north of Central, Mon. - Fri., 8 a.m. - 4:30 p.m.

Southeast: 1711 Randolph Rd. SE.....383-2600

For residents south of Central & east of the river, including the East Mountain area

Southwest: 3280 Bridge Blvd. SW.....841-2300

For residents west of the river & south of Central, including Isleta Pueblo

EBT Card/SNAP, formally Food Stamps – Eligibility information at your nearest area office.

(See addresses/phone #s listed above.)

Medicaid (Institutional)

Coverage for high or low level nursing home care. Must qualify medically and financially.

(See addresses/phone #s listed above.)

Medicaid (Non-Institutional)1-800-772-1213

Healthcare coverage for eligible individuals receiving SSI or TANF. Covers medical bills. Aged (65+), blind and/or disabled. Must first apply for Supplemental Security Income (SSI) the Social Security Administration.

QMB – (Qualified Medicare Beneficiaries)

Assistance with Medicare co-insurance, Medicare deductible and Medicare Part B premium for low income Medicare beneficiaries. (See addresses/phone #s listed above.)

SLIMB–(Specified Low Income Medicare Beneficiaries)

Assistance with Medicare Part B premium only for low income Medicare beneficiaries. (See addresses/phone #s listed above.)

Social Security Administration

Social Security Administration, 500 Lead Ave. SW, 87102.....1-800-772-1213

Open 9 a.m. – 3 p.m.....**www.socialsecurity.gov**

Disability Benefits

Benefits determined by past earnings for permanently disabled individuals who have worked 5 of the last 10 years prior to becoming disabled.

Retirement (age 62 - 67) Dependent, Survivor's Benefits.

Benefits determined by earnings & averaged over most of a worker's lifetime.

Supplemental Security Income (SSI)

Supplemental financial assistance for individuals who are blind, disabled or 65 years old or older and whose income and certain assets are below the SSI eligibility amount. Recipients automatically qualify for Medicaid.

Veteran's Resources

Albuquerque Vet Center, 1600 Mountain Rd. NW, 87104.....346-6562.....Fax 346-6572

VA's readjustment counseling is provided at community-based Vet Centers. For assistance after hours, weekends and holidays, call.....**1-877-WAR-VETS (1-877-927-8387)**

Mayor's Office of Veterans' Affairs, City of Albuquerque, One Civic Plaza NW.....(505)768-3000

Assists in referring veterans and family members to resources that can address their needs, such as, Counseling for Mental Health and Combat Trauma, Disability Claims, Healthcare, Employment, Education & Housing by offering a Resource Center for many different kinds of services for veterans in Albuquerque; Additional information is available at: www.cabq.gov/mayors-office-of-veterans-affairs.

NM Department of Veterans Services, 5201 Eagle Rock Ave. NE.....383-2404

Provides assistance to our state's veterans. File for benefits offered by the state such as tax exemptions, educational scholarship, educational benefits, apprenticeship and on-the-job training.

Social Work Services, VA Medical Center, 1501 San Pedro Drive SE.....265-1711ext 4878

Provides treatment and coverage of social services to veterans.

V.A. Regional Office, 500 Gold Ave. SW.....1-800-827-1000

Provides information on eligibility and benefits available to veterans, widows and dependents. Covers compensation, pension, death benefits, educational benefits, Aid and Attendance, burial benefits, guardianship information, & specialized veteran organizations.....**www.va.gov**

Utility Assistance Programs

Good Neighbor Fund (Electric only).....1-866-388-8901, or 967-8045

Rio Grande Food Project, 600 Coors Blvd. NW, Abq. 87121. Must call for appointment.
Mon., Wed., Fri. 8:00 am - 10:30 am. FAX: 1-855-457-7560

Heat New Mexico Fund (Gas only).....872-1171

Salvation Army, 411 Broadway SE 87107. Fax: 1-505-883-2644. Funding based on availability.

Help New Mexico, Inc.....766-4958

Rent and utility assistance for low income individuals. Call for appointment.

Low Income Home Energy Assistance Program (LIHEAP).....222-9160

Assists income-eligible households by giving a one time payment toward energy bills. October through August 31. Applications taken at local Income Support Division (ISD) offices:

Northeast: 4330 Cutler Ave. NE.....222-9600

For residents east of San Mateo & north of Central

Northwest: 1041 Lamberton Place NE.....841-7700

For residents west of San Mateo & north of Central

Southeast: 1711 Randolph Rd SE383-2600

For residents south of Central & east of the river, including the East Mountain area

Southwest: 3280 Bridge Blvd. SW.....841-2300

For residents west of the river & south of Central, including Isleta Pueblo

Low Income Telephone Assistance Program (LITAP) - Century Link or LIHEAP.....1-800-244-1111

A link-up service that provides a discount on telephone service to Medicaid, Qualified Medicare Beneficiaries (QMB) & LIHEAP recipients. Required documentation: Medicaid card or LIHEAP certificate.

Low-Income Water Credit Program (CarrieAnn at the Storehouse).....842-6491

Small discount possible for Bernalillo County homeowners/occupants who meet income guidelines. Water bill must be current. Leave message if no answer.

For other available resources, call **DSA Senior Information.....764-6400**

Safelink Wireless, 5101 Copper Ave. NE, Alb.....321-4638

Individuals may qualify for free cell phone and minutes if they participate in Federal Public Housing Assistance, Food Stamps, Medicaid, TANF, LIHEAP, or Free National School Lunch.

Silver Horizons,884-3881

Provides electric, gas, water, propane, firewood, food pantry and utility assistance for low income seniors (62 and over) who live in Bernalillo County. The applicant must have a disconnect notice or a bill that is 30 or more days past due. Call to find out the date, time and location of our next Senior Assistance Fair.

St. Vincent de Paul Society,346-1500 Option 4

Provides assistance with utility disconnect notices, rental assistance for evictions. Travel for emergency situations. Shelter and food. Mon. - Fri. from 9 a.m. - 12 p.m. and 1 p.m - 3 p.m.

CONSUMER AND LEGAL ASSISTANCE

Advance Directives: Packet containing **NM Power of Attorney for Health Care and Instructions for Health Care and End-of-Life Decisions, and Cremation Authorization.**

Monthly Advance Directives workshops provided by the Senior Citizens' Law Office at North Valley Senior Center (761-4025). Financial power of attorney forms also available at these workshops.

Albuquerque Bar Association

Lawyer Referral Service.....243-2615

\$50/30 min. consultation with an attorney. No walk-ins accepted. Mon. - Fri., 9 a.m. - 3 p.m.

Albuquerque Code Enforcement Zoning/Permit Counter.....924-3857
Housing/Code Enforcement.....924-3450

Attorney General's Office

Consumer Protection Division.....222-9000, 222-9100 or 1-866-627-3249
General Questions.....1-800-678-1508 or www.nmag.gov
Santa Fe.....505-827-6000 or 1-866-627-3249
Assistance with consumer complaints**www.ago.statemn.us**

Better Business Bureau of Southwest.....346-0110 or 1-800-873-2224
Provides information on local companies and charities.....**www.bbbsw.org**
mediates consumer complaints. Covers all of NM and SW Colorado.

Bridge to Justice Program.....505-797-6000
\$35 referral fee with an attorney

Certificates

Certified copies of certificates of births occurring in New Mexico. \$10 fee. Valid government-issued photo ID required. Information on how to get out-of-state birth certificates. Death Certificates not issued in Albuquerque, however, available through NM Vital Records in Santa Fe.*

Vital Records, Albuquerque.....841-4183 or 841-4185
Birth Certificates.....841-4183 or 841-4185
Death Certificates.....827-0121 or 1-866-534-0051
***New Mexico Vital Records & Health Statistics, Santa Fe.....1-505-827-0121**
Online Government Issued Vital Records - Fees apply.....www.vitalchek.com

Disability Rights New Mexico.....1-800-432-4682
New Mexico promotes and protects the legal rights of individuals with disabilities, provides information and referral, client advocacy, group advocacy, and training.

Investment Fraud, Securities Division, 2550 Cerrillos Rd, Santa Fe, NM.....1-800-704-5533
PO Box 25101, 87504-5101.....**1-505-476-4580** (Legal Help-Line)

Law Access New Mexico.....998-4529 (Local)
Attorneys answer questions for low-income New Mexicans.....**1-800-340-9771** (Statewide)
with civil legal problems. Weekdays Monday thru Friday.

Legal Resources for the Elderly Program (LREP).....797-6005 or 1-800-876-6227
Free legal helpline for NM residents 50+

Money Management International/CCCS 24hr Service.....1-888-845-5669
Helps people help themselves solve financial problems.....**www.moneymanagement.org**
through counseling, debt management and education.

New Mexico Long Term Care Ombudsman.....1-866-842-9230
Advocacy for the recognition, respect and enforcement of the civil.....**383-3900 in Albuquerque**
and human rights of residents of long term care facilities in New Mexico.

New Mexico Regulation and Licensing Department.....476-4875

New Mexico Legal Aid (Medicaid, FS, GA, TANF, unemployment).....**243-7871**
Provides assistance with legal and denial of benefits issues to income-eligible clients in Bernalillo County.

Office of the Superintendent of Insurance,
Santa Fe.....**1-888-427-5772 or 1-800-947-4722 or 505-827-4601**
Investigates complaints regarding all types of insurance.....**www.nmprc.state.nm.us**

Senior Citizens' Law Office.....265-2300
Free legal services for Bernalillo, Valencia, Torrance, & Sandoval.....**www.sclonm.org**
Residents of above counties age 60+. Civil cases only. No personal injury or divorce cases. Wills, simple probate and related matters on a reduced fee basis. Advance Directives workshops and legal and consumer

workshops at various senior centers. SCLO will represent seniors w/legal problems in the area of consumer-law, health law disability, abuse, & housing.

State Bar General Referral Program.....**797-6066**
30 min./\$35.00 consultation w/attorney

State Bar of New Mexico.....**797-6000** or **www.nmbar.org**

UNM Law Clinic.....**277-5265**

Voter Registration, Bernalillo County Clerk, One Civic Plaza NW - 6th Floor.....**243-8683**

DISABILITIES PROGRAMS

Adelante (Back in Use)**www.backinuse.com** or **341-7171**
Receives donated Durable Medical Equipment and gives usable equipment out to those in need who can't afford to pay for it. No delivery. Call for item availability.

Albuquerque Stroke Club.....(VM) **349-1628**
Support group for stroke survivors, their caregivers and families. Call for further information.

Community Outreach Program for the Deaf (COPD).....(Voice & TTY) **255-7636**
Advocacy, vocational, rehab and interpreting services.....**Fax 255-8029**

Curb-Side Residential Trash Collection & Recycling,
City of Albuquerque Solid Waste Department.....**761-8100** or **311**
Requires a doctor's letter that can be faxed "Attention Residential".....(FAX) **761-8187**
Special arrangements for people with a disability or illness who need assistance getting garbage cart to curb.

Handicap License Plates and Placards.....**1-888-683-4636**
For specific locations refer to Transportation Section of this Quick Guide on page 16 under ID Card/Motor Vehicle Division for locations, addresses and phone numbers. Free applications at State Motor Vehicle Division (MVD) Offices; small fee at private MVD offices.

Home Retrofit Program, Department of Senior Affairs.....**764-6400**
Wheelchair ramps, grab bars, safety rails and bathroom safety equipment for permanent residents of Bernalillo County. Age and income eligibility may apply.

Independent Living Resource Center 4665 Indian School Rd Ste #100.....**266-5022**
Independent living services either free or for a fee for individuals.....(Voice & TTY) **1-800-260-5022**
with disabilities.....(FAX) **266-5150**

New Mexico Commission for the Blind.....**841-8844** or **1-888-513-7958**
Technology services, Business Enterprise Program**www.state.nm.us/cftb**
Employment Development Center, Newsline for the Blind, vocational rehabilitation counseling, and older blind program/independent living, Orientation Center in Alamogordo.

New Mexico Commission for Deaf & Hard of Hearing Persons - 8 am - 4:30 pm.....(Voice/TTY) **1-800-489-8536**
Lending library, workshops, communication access assistance, equipment, loan bank & advocacy services
.....**383-6530**
.....**www.cdhh.state.nm.us**

New Mexico Technology Assistance Program.....**505-841-4464**
Offers free services to New Mexicans with disabilities to help acquire free assistive technology they need.
.....**www.tap.gcd.state.nm.us**

Relay New Mexico.....(Voice & TTY) **1-800-659-1779**
Free telephone service for deaf, hard of hearing, and speech impaired persons**www.relaynm.org**
Telephone equipment available to New Mexico residents free of charge through the Commission for Deaf and Hard of Hearing (CDHH) - see above listing.

State of New Mexico Governor's Commission on Disability.....505-476-0412

Promotes community living and access to: employment opportunities; universal access to information; appropriate, available assistive technology; accessible education; accessible affordable, universally designed housing (rental and single family); accessible, available transportation (rural and urban); available home and community-based services based on functional need; and, access to social and recreational settings.

491 Old Santa Fe Trail, Santa Fe, NM 87501-2753 Email: gcd@state.nm.us

Toll-Free (in state only).....1-877-696-1470

Fax.....505-827-6328

UNM Center for Development and Disability Information Network.....1-800-552-8195

Information & referrals to appropriate programs for New Mexicans who have disabilities.....**272-8549**

EDUCATION

Central New Mexico Community College (CNM).....Info Desk 224-3000

Offers occupational & trade classes, Arts & Science courses and a customized workforce training program

.....**www.cnm.edu**

CNM G.E.D., Adult Basic Education, and English as a Second Language:

\$10 Application Fee and Government issued I.D. required.....**224-4282**

Defensive Driving Classes

Classes for persons aged 50+ which can entitle them to a discount on their auto insurance.

Small fee for classes.

AAA Driver Improvement Program.....291-6611

Classes on-line.....**www.seniordriving.aaa.com**

American Automobile Association, 10501 Montgomery Blvd. NE

Mon. - Fri., 9 a.m. - 5:30 p.m., Sat., 10 a.m. - 2 p.m.

AARP Safe Driver Program 1930 Juan Tabo Blvd. NE, Suite J

To register for a 4 hr. class, contact a local senior center.

AARP Information Center, Mon. - Thurs., 10 am - 3 pm, Fri., 10 am - 1 pm**830-3096**

Department of Senior Affairs – DSA Senior Centers.....764-6400

Offer a variety of classes including computer, language, literature/writing, art, dance, drama, and more for ages 50+. Call individual senior center for details. (See "Senior Centers" for telephone numbers.)

Life Long Learning for New Mexicans (LLL).....888-7370; Catalog 888-7370

Offers affordable daytime academic courses for adults aged 50+.....**www.lifelonglearningnm.org**

No membership fee. Small fee per class.

OASIS (Enriching the Lives of Mature Adults).....884-4529

Arts, humanities and health maintenance classes/fieldtrips.....**www.oasisabq.org**

Membership & class fees. Volunteer opportunities. Intergenerational tutoring.

Teeniors.....600-1297

Tech-savvy teens and millenials help seniors learn technology through one-on-one tutoring.

.....**www.teeniors.com**

UNM Continuing Education.....277-0077

Information and Registration.....**www.dce.unm.edu**

10% discount for senior citizens aged 65+ for most classes. Office Hours: Monday - Friday 8:00 am to 5:00 pm

EMPLOYMENT

HELP - New Mexico, Inc......766-4936
Income eligibility work experience program for low income adults 18+. Provides assistance with employment counseling, job placement and training.

New Mexico Work Force Connections, 501 Mountain Road NE.....1-877-664-6984 or 843-1900
Testing and assessment, resumé assistance employment counseling, assistance with job placement & training. Information on unemployment benefits, etc.....www.jobs.state.nm.us

NM ALTSD Senior Community Service Employment Program

2550 Cerrillos Rd., Santa Fe, NM 87505.....1-800-432-2080 or 1-866-451-2901

Title V Senior Employment Programs

Work experience programs to retrain low-income persons aged 55+ and assist them with job placement. Twenty hours per week at minimum wage.

Goodwill Industries Senior Community Service Employment Program.....881-6401
5000 San Mateo Blvd. NE.....998-2896

National Indian Council on Aging.....292-2001
10501 Montgomery Blvd. NE, #210 87111.....www.nicoa.org.....(FAX) 292-1922

HEALTH CARE

Addiction Referral Programs

ALANON www.aisnm.org.....262-2177

Alcoholics Anonymous Information.....(Spanish) 266-3688; (English) 266-1900

Gamblers Anonymous.....260-7272

Gamblers Hotline (New Mexico Council on Problem Gambling).....1-800-572-1142

Medication Disposal (Drug Take Back Initiatives)

Medications may also be disposed at any of 6 area command substations. Mon. - Fri. from 8:00 am - 5:00 pm

Foothills Area Command, 12800 Lomas Blvd. NE.....332-5240

Northeast Area Command, 8201 Osuna Rd. NE.....823-4455

Southeast Area Command, 800 Louisiana Blvd. NE.....256-2050

Valley Area Command, 5408 2nd St. NW.....761-8800

Southwest Area Command, 6404 Los Volcanes Rd. NW.....831-4705

Northwest Area Command, 10401 Cibola Loop NW.....768-4850

Narcotics Anonymous.....260-9889

Nicotine Anonymous.....1-877-879-6422

Overeaters Anonymous.....891-2664

Central New Mexico Treatment, 630 Haines Ave. NW.....268-5611

Health Information Lines

Alzheimer's Helpline.....266-4473 or 24 - Hour Helpline 1-800-272-3900

Answers questions about Alzheimer's, dementia and aid programs; gives referrals to appropriate services.

Federal Health Insurance Market Place.....healthcare.gov or 1-800-318-2596

Provides information to individuals, families, and employees of small businesses to obtain health insurance coverage.....(Voice & TTY) 1-855-889-4325

New Mexico Health Exchange.....www.bewellnm.com.....1-855-99-NMHIX or 1-855-996-6449
Health insurance under the Affordable Care Act.

Health Programs - Senior

American Heart and Stroke Association.....(505)353-5800
Mission is to build healthy lives free of Cardio Vascular diseases and stroke.

GEHM Clinics - Geriatric Education and Health Maintenance - UNM College of Nursing

Nurse-managed clinics provide a variety of health promotion services for individuals 55 & over. Services include: blood pressure & diabetes screening; health assessments; counseling related to nutrition, health problems, aging process, medication management; diabetic self-management education and more. Appointments required for fitness physicals. Donations accepted but not required. All clinics held from 9 a.m. - 1p.m. Call the following senior centers for clinic dates at their centers:

Barelas , 714 7th St. SW.....	764-6436
Bear Canyon , 4645 Pitt St. NE.....	767-5959
Highland , 131 Monroe St. NE.....	767-5210
Los Volcanes , 6500 Los Volcanes Rd. NW.....	767-5999
Manzano Mesa Multigenerational Center , 501 Elizabeth St. SE.....	275-8731
North Domingo Baca Multigenerational Center , 7521 Carmel Ave. NE.....	764-6475
North Valley , 3825 4th St. NW.....	761-4025
Palo Duro , 5221 Palo Duro Ave. NE.....	888-8102
South Valley Multi-purpose Center , 2008 Larrazolo Rd. SW.....	468-7604

Senior Health Center, University Hospital.....272-1754
1101 Medical Arts Avenue NE (Build-ing 4, Suite A)
Healthcare professionals evaluate and treat the special medical problems of individuals age 65 and older.
Monday through Friday, 7a.m. - 5:00 p.m.

Health Programs – Other

Albuquerque Speech, Language and Hearing Center.....247-4224
9500 Montgomery Blvd. NE , Suite 215, Dispenses a comprehensive range of hearing aids, speech and language evaluations and therapy, hearing tests and related services. A wide range of insurance accepted. Mon. - Thurs., 8 a.m. - 6 p.m., Fri., 8 a.m. - 3 p.m.

Community Dental Services, Inc. (Medicaid accepted). Appointments required for general dentistry & dentures/partial/crowns. Early AM emergency clinic. Call first for details.

General dentistry at:

2116 Hinkle St. SE.....843-7493 or 765-5683

Dental Care in Your Home.....615-0951
Complete dental care for individuals who are home bound due to illness, accident, special needs or age.

First Choice Community Health Care.....873-7401
Call for information regarding locations and medical/dental appointments

Alamosa: 831-2534 or 82001 Centro Familiar SW: 873-7400

Healthcare clinics. Fees based on income (bring proof of income). Medicare assignment and Medicaid accepted. Prescription discounts for income-eligible persons.

First Choice Dental 1231 Candelaria Rd. NW.....**345-3244**

First Choice Dental 6900 Gonzales Rd. SW.....**831-2534**

Midtown Public Health Office, 2400 Wellesley Ave. NE.....**841-4100**
Preventive health services. S.T.D. (Sexually Transmitted Disease) clinic. Issues birth certificates.

Prescription Drug Assistance Program
Information about free & discounted prescription drugs

MEDBANK — NM Aging & Long Term Services Dept......**1-800-432-2080**
Provides assistance in obtaining medications for individuals of all ages who cannot afford prescription medications. A one-time emergency voucher may be available. Eligibility criteria's may apply.

Mental Health Programs

NAMI (National Alliance on Mental Illness), Albuquerque.....**260-0154**
.....**www.namialbuquerque** or **www.nminm.org**

10 a.m. - 1p.m.; Support, education and advocacy for individuals dealing with mental health issues. If no answer, leave message.

Outcomes, Inc., 1503 University Blvd. NE Email: info@outcomesnm.org.....**243-2551**
Professional counseling, conflict resolution and social support to individuals and families.....**Fax 243-0446**

UNM Psychiatric Center, 2600 Marble NE.....**260-0154**
Inpatient, outpatient and emergency psychiatric care; specialized clinics.

Geriatric–Psychiatric Unit.....**272-8314**

Short-term hospital treatment for individuals over 55 suffering from emotional disturbances.

Psychiatric Emergency Crisis Unit.....**272-2920**

A 24-hour service staffed by clinicians to respond to individuals with any type of psychiatric emergency. Psychiatric Unit for Persons 55+.

Senior Outpatient Clinic – for individuals aged 70+.....**272-2174**

Information available about depression for individuals aged 65+.....**272-2174**

Inpatient for individuals aged 60+

Senior Wellness Programs

Blue 60Plus.....**816-4454**

A no cost program offered by Blue Cross and Blue Shield of New Mexico (BCBSNM) for seniors 60 and older. The program educates members on how to stay active and healthy through seminars, social activities and health screenings. You do not need to be a BCBSNM member to join Blue 60Plus.

Lovelace Silver Elite.....**727-5502**

4101 Indian School Rd. NE. A FREE program exclusively for individuals over the age of 60 designed to help members get more out of life. Silver Elite provides the opportunity for Health Education Seminars, Health Fairs, screenings, social events and in-hospital benefits.

Manage Your Chronic Disease Program (MyCD)**880-2800**

Supports improvement in the physical and emotional health of adults with chronic diseases and/or their caregivers, by helping them gain self-confidence in their ability to manage their symptoms and how their health problems affect their lives. Workshops sessions last 2.5 hours each and occur once a week for six weeks. Pre-registration required. Choice of class sites.

Presbyterian Senior Connection.....**823-8352**

A community membership program, for ages 60 and over, focusing on the special wellness needs of seniors. Provides health promotion, education and social opportunities. Reasonable one-time enrollment fee.

HOME SERVICES

Central New Mexico Housing Corporation (Weatherization).....**345-4949**

703 Osuna Rd NE, Ste #2. Weatherization for low-income occupant homeowners within Bernalillo, Sandoval, Torrance, and Valencia counties and some pueblos. Assessment for energy conservation measures. Does not provide skirting for mobile homes. No water bills paid.

Department of Senior Affairs Home Services Programs

**Contributions requested. No one will be denied services if he/she chooses not to contribute.*

DSA Home Chores*.....764-6400

Chore services such as light yard cleaning for safety purpose, limited to 15 ft. perimeter; installation of smoke detectors for Bernalillo County homeowner occupants aged 60+.

DSA Home Retrofit*.....764-6400

ADA wheelchair ramps, walker steps, step modifications, fall prevention equipment, and bathroom safety equipment. Must be 60+ & permanent resident of Bernalillo County. Age and income eligibility may apply.

DSA Minor Home Repair*.....764-6400

Minor repairs for homeowner occupants over 60 within Bernalillo County.
Non-licensed work only.

Home Owners Rehabilitation Programs

Office of Neighborhood Revitalization, City of Albuquerque.....767-5825

Bernalillo County Housing Dept., 1900 Bridge Blvd. SW.....314-0208

Love, Inc. of South Albuquerque.....293-3533

Provides handyman services to include minor home repairs, heating and heat/AC switch overs. Provides furniture and household items to clients in permanent residence.

Sawmill Community Land Trust (Emergency Minor Home Repair).....764-0359

990 18th St. NW. Minor repairs for occupant homeowners who live within City limits and meet income eligibility requirements.....www.sawmillclt.org

HOUSING

Albuquerque Apartmentswww.apartmentguide.com

Search for information on affordable rental housing. Check with libraries & community centers about accessing their computers.

Albuquerque Heading Home.....226-1700 FAX: 226-1705

Provide permanent, supportive housing solutions to individuals and their families who are medically vulnerable and been experiencing chronic homelessness. Hours of Operation: M - F, 9:00 am to 5:00 pm

Department of Senior Affairs' Senior Information Line.....764-6400

Information about retirement communities, subsidized/affordable housing, mobile home parks for adults, etc.

Housing Discrimination

Housing Discrimination Hotline.....1-800-669-9777

U.S. Dept of Housing & Urban Development (HUD)

City of Albuquerque, Office of Diversity & Human Rights.....768-4589

One Civic Plaza NW, Room 4072, Albuquerque, NM 87102

Landlord/Tenant Problems – New Mexico Legal Aid, 301 Gold SW 87102.....243-7871

Public benefits, domestic violence victims only, landlord, and other civil legal matters for low-income individuals.

Office of Neighborhood Coordination.....768-3334

.....www.cabq.gov/planning/our-department/office-of-neighborhood-coordination

Rental Assistance and Public Housing Information

Albuquerque Housing Authority, 1840 University Blvd. SE.....764-3920

Bernalillo County Housing Dept., 1900 Bridge Blvd. SW.....314-0200

Reverse Home Equity Loan Information.....www.aarp.org/money/revmort

Government program allowing seniors to draw down money on their home equity.

For information visit AARP website.

IN-HOME CARE AND CAREGIVER RESOURCES

Abuse, Neglect and Exploitation

NM Adult Protective Services Intake (APS/ALTSD).....1-866-654-3219

Investigates allegations of abuse, neglect and/or exploitation of individuals 18 years and older. Offers services to prevent or remedy above situations.

New Mexico Children, Youth & Families

Statewide Central Intake & Foster Future Hotline.....**1-855-333-7233** (from cell phone #7233)

Investigates all allegation of **ABUSE, NEGLECT and/or EXPLOITATION**.....www.state.nm.us/cyfd of individuals 18yrs and older. Offers services to prevent or remedy above situations.

Care Coordination

DSA Care Coordination.....764-6400

Comprehensive in-home assessment of individuals aged 60+, linkage with appropriate services & on-going follow up.

Homemaker Services

Homemaker Service

For eligibility assessment, call DSA Senior Information.....**764-6400**

Homemaker services for Bernalillo County seniors aged 60+ who need help with two or more activities of daily living.

Respite Care

Adult Day Services (Licensed),

Safe and pleasant places for frail elders aged 60+ and adults with disabilities age 18+ to stay during the day. Prevent premature institutionalization, provide respite for caregivers and provides social and recreational activities. Snacks, lunch and limited transportation to and from site. Limited Area Agency on Aging Resources are available to support adult daycare services for people aged 60+.

Cornucopia, 2002 Bridge Blvd. SW.....**877-1310**

Share Your Care.....www.shareyourcare.org.....**298-1700**

Barelas, 714 Seventh St. SW.....**764-6445**

Bear Canyon, 4645 Pitt St. NE.....**291-6219**

Los Volcanes, 6500 Los Volcanes Rd. NW.....**836-8797**

North Valley, 3825 Fourth St. NW.....**761-4001**

Ponderosa, 5301 Ponderosa Ave. NE.....**881-8982**

Respite Care

For eligibility assessment, **call DSA Senior Information**.....**764-6400**

In-home care for frail elders whose caregivers need temporary relief.

Respite Voucher Program, Alzheimer's Association.....**266-4473** or **1-800-272-3900**

Financial assistance for caregivers of individuals with Alzheimer's/dementia.

Extensive Long-Term Care Programs

(Nursing Home Alternatives)

Centennial Care (Medicaid), Human Services Department

Application questions, Medicaid Expansion Hotline.....**1-855-637-6574**

General questions, Medicaid benefits/coverage/getting a new Medicaid card.....**1-888-997-2583**

Centennial Care (Medicaid), Managed Care Organizations,

Member Services Toll Free Contact numbers:

Blue Cross and Blue Shield of New Mexico.....**1-866-689-1523**

Molina Health Care.....**1-877-373-8986**

Presbyterian Health Plan.....**505-923-5200**

Outside Albuquerque.....**1-888-977-2333**

United Healthcare Community Plan.....**1-877-236-0826**

InnovAge Greater NM PACE Program, 904 - A Las Lomas Rd. NE, Albuquerque.....**924-2650**

Program of All-inclusive Care for the Elderly (PACE): Day health center including medical clinic, adult day care, social services, rehabilitation, transportation, in-home services & inpatient care (when needed) for seniors aged 55+ who live in Bernalillo County or within 30 minutes travel from the center. Free for Medicare & Medicaid recipients. Private pay accepted.

NM Aging & Long Term Services Department, Aging and Disability Resource Center

Centennial Care (Medicaid), Community based Central Registry Waiting List.....**1-800-432-2080**

Caregiver and Other Services

Alzheimer's Helpline.....**266-4473** or **1-800-272-3900**

Department of Senior Affairs' Senior Information Line.....**764-6400**

Information & literature about support services, such as personal emergency response systems, support groups, grocery stores & pharmacies that deliver to the home, assisted living facilities, nursing homes, hospices, homemaker agencies, & case management programs.

Long-Term Care Ombudsman Program, 625 Silver SW, Suite 414..**383-3900** or **1-866-842-9230**

Responds to complaints from or on behalf of residents of nursing homes.....**www.nmaging.state.nm.us** and adult residential care homes (assisted living). Advocates for residents to resolve complaints.

N.M. Aging & Long Term Services - Aging & Disability Resource Center.....**1-800-432-2080**

Information and referral to programs or providers in the Long-Term Care System (services for consumers who have limitations in their ability to perform activities of daily living due to physical and/or cognitive impairment).

Savvy Caregiver, Alzheimer's Association.....**266-4473**

A classroom style 12 hour program which enables persons caring for an individual with Alzheimer's to develop a sense of control with practical tools and skills for caregiving. Provides education about Alzheimer's and related dementias. A savvy and informed approach to effective caregiving. Also available through the Veteran's Savvy Caregivers Program. Classes available in Spanish.

Silver Alert.....764-6400
 A public notification system to broadcast information about missing individuals who suffer from Alzheimer's disease and/or dementia. Caregivers register their 60 and older individuals through the Dept. of Senior Affairs, which places a picture and vital information on a USB drive and gives it to the Caregiver. When the caregiver determines their person is missing, they provide the Albuquerque police with the USB drive. If the individual is not found immediately, the Silver Alert will be issued, notifying all media sources of the importance of finding the individual as quickly as possible.

NUTRITION RESOURCES

Department of Senior Affairs Senior & Multigenerational Centers and Meal Sites

*Lunch contributions requested. No one will be denied services if he/she chooses not to contribute.

Breakfast and lunch for seniors aged 50+. Fee charged.

Bear Canyon Senior Center, 4645 Pitt St. NE, 87111.....**767-5959**
Highland Senior Center, 131 Monroe St. NE, 87108.....**767-5210**
Palo Duro Senior Center, 5221 Palo Duro Ave. NE, 87110.....**888-8102**

Breakfast. Fee charged. Lunch for seniors aged 60+. Contribution requested.* Fee charged for guests under age 60. Must call before 12:00 noon the day before you want a reservation.

Barelas Senior Center, 714 7th St. SW, 87102.....**764-6436**
Los Volcanes Senior Center, 6500 Los Volcanes Rd. NW, 87121.....**767-5999**
Manzano Mesa Multigenerational Center, 501 Elizabeth St. SE, 87123.....**275-8731**
North Domingo Baca Multigenerational Center, 7521 Carmel Ave. NE 87113.....**764-6475**
North Valley Senior Center, 3825 Fourth St. NW, 87107.....**761-4025**

Lunch for seniors aged 60+. Contribution requested.* Fee charged for guests under age 60. Must call before 12:00 noon the day before you want a reservation. Activities and socialization opportunities. Transportation provided for neighborhood participants at some sites. Monday through Friday, 9 a.m. - 2 p.m.

Meal Sites

Alameda Meal Site/Raymond G. Sanchez, 9800 Fourth St. NW, 87114.....**897-8896**
Armijo Meal Site, 1714 Centro Familiar Blvd. SW, 87105.....**873-0047**
Ed Romero Terrace Meal Site, 8100 Central Ave. SE, 87108.....**232-8880**
Embudo Towers Meal Site, 8010 Constitution Ave. NE, 87110.....**764-6467**
Encino Gardens Meal Site, 412 Alvarado Dr. SE, 87108.....**266-7736**
Encino Terrace Meal Site, 609 Encino Place NE, 87102.....**247-4185**
La Amistad Meal Site, 415 Fruit Ave. NE, 87102.....**848-1395**
La Mesa/Cesar Chavez Meal Site, 7505 Kathryn Ave. SE, 87108.....**256-2680**
Los Duranes Meal Site, 2920 Leopoldo Rd. NW, 87104.....**767-5900**
Mountain Communities/Tijeras Meal Site, #10 Tijeras Ave., Tijeras, 87059.....**286-4220**
Paradise Hills Meal Site, 6001 Paradise Blvd. NW 87114.....**314-0246**

Rio Bravo Meal Site , 3910 Isleta Blvd. SW, 87105.....	873-6647
Shalom House Meal Site , 5500 Wyoming Blvd. NE, 87109.....	823-1434
South Valley Meal Site , 2008 Larrazolo Rd. SW, 87105.....	468-7604
Taylor Ranch Meal Siter , 4900 Kachina St. NW, 87120.....	768-6006
Thomas Bell Meal Site , 3001 University Blvd. SE, 87106.....	848-1332
Whispering Pines Meal Site , #6 Lark Road, Tijeras, 87059.....	281-8003

Home-Delivered Meals

Albuquerque Meals-On-Wheels.....**823-8082**

Home-delivered meals and daily social contact for the elderly, homebound, convalescing, and disabled. Special diets available and special rates may be available. No age restrictions. Mon. thru Fri., 9 am - 2 pm.

DSA Home-Delivered Meals, Department of Senior Affairs

Initial requests.....**764-6400**

Meal delivery information.....**764-6433**

Home-delivered meals for frail homebound elderly 60+ who cannot cook for themselves and have no one available to cook for them. Heart-healthy meals. Limited frozen weekend meals. Based on availability.

Contributions requested. No one will be denied services if he/she chooses not to contribute.

Other Food Sources

Commodities

EBT Card/SNAP, formerly Food Stamps, Income Support Division, N.M. Human Services Department

Eligibility information at nearest area Income Support Office:

Northeast: 4330 Cutler Ave. NE.....**222-9600**

for residents east of San Mateo & north of Central

Northwest: 1041 Lamberton Place NE.....**841-7700**

for residents west of San Mateo & north of Central

Southeast: 1711 Randolph Rd. SE.....**383-2600**

for residents south of Central & east of the river, including the East Mountain area

Southwest: 3280 Bridge Blvd. SW.....**841-2300**

for residents west of the river & south of I-40, including Isleta Pueblo

ECHO Inc. CSFP, 300 Menaul Blvd. NW, Suite 226.....**242-6777**

Box of food each month if income eligible and 60+ years of age. Need proof of income & proof of residency.

Roadrunner Food Bank Call for locations.....**247-2052**

TEFAP (The Emergency Food Assistance Program) emergency food boxes for low-income individuals

distributed at various food pantries.....**www.rrfb.org**

Salvation Army Emergency Food Project, 411 Broadway Blvd. SE**872-1171**

Groceries for persons who are in need. Require proof of residency and income plus a picture ID. ID also needed for other household members.

Silver Horizons, 3540 Pan American Freeway NE, Email: info@silverhorizons.org**884-3881**

Food distribution program helps keep nutritious foods available to low-income seniors who make the choice between buying groceries, paying their utility bills, paying for necessary medications, or covering other life expenses.

The Storehouse, 106 Broadway Blvd. SE.....**842-6491**
 Emergency food boxes and clothing for low-income, unemployed or homeless individuals. A monthly food box program for elderly and disabled homebound persons. Require New Mexico photo ID and birth certificate for children. Hours are Wednesday - Friday, 9:00 a.m. to 12 p.m. **Food Only:** Saturdays, 9:00 a.m. to 11 a.m. (Closed 1st Saturday of month. Mobile pantry open. Pet food program every 3rd Friday of the month.
Storehouse Mobile Pantry at Westside Community Center, 1250 Isleta Blvd. SW,
CERRADO (SMNP en el Centro Comunitario Westside 1st Friday of the month, 9:00 am - 11:00 am)

PET RESOURCES

Animal Humane Society of New Mexico.....**255-5523**
 Adoptions, spay/neuter services, vaccination clinics, donor-subsidized Veterinary clinic for qualified individuals, trap-neuter-return for feral cats, etc.

City of Albuquerque, Animal Welfare.....**Call 311 or 768-1975**
 Low cost/free spay and neuter for cats and dogs for qualified individuals, animal noise, licenses, adoptions, rescue group lists, education. Proof of residency, proof of income, current driver's license/I.D.

Street Cat Hub.....Email: streetcathub@gmail.com.....**247-9357**
 Information about sterilizing the unowned street cats in your neighborhood

Best Friends Pet Cremation.....**345-5615**
 Cremation and cemetery

New Mexico Animal Friends.....**881-7297**
 Adoptions: Rescue homeless dogs and cats; Spay-neuter services; temporary foster care available until permanent home is found.

PHYSICAL FITNESS

Department of Senior Affairs - Senior Sports & Fitness.....**880-2800**

DSA Senior Exercise Program: Exercise to Music (low impact aerobics), Stretch & Tone, Stability Balls, and Gentle Exercise classes at all 7 Centers and many satellite centers.

DSA Adapted Aquatics: Centers transport to exercise classes for individuals with arthritis and/or limited mobility in a warm water therapy pool.

DSA Winter Sports Program: Lessons & day trips in snowshoeing, downhill & cross country skiing, & overnight ski trips to Colorado.

DSA Winter Sports Competitions: Downhill & cross country skiing, snowboarding, snowshoeing, snowball throwing for accuracy & distance, team ice hockey, & ice skating.

DSA Albuquerque 50+ Olympics: Competitions in 26 sports and 100+ events each spring for Albuquerque/Bernalillo County residents aged 50+. Winners advance to both State and National Senior Olympics. Year round practices, leagues, & workshops also offered.

DSA Weight Training/Fitness Facilities: State-of-the-art exercise equipment to assist seniors to improve strength & maintain a healthy lifestyle. Prior to use, participants are advised to attend an orientation.

Los Volcanes 50+ Sports & Fitness Center.....**767-5990**
 6500 Los Volcanes Rd., NW, SuiteB.

Manzano Mesa Multigenerational Fitness Room.....**275-8731**
 501 Elizabeth St. SE, 87123. Open to those aged 18+.

North Domingo Baca Multigenerational Fitness Room.....764-6496

7521 Carmel Ave. NE, 87113. Open to those aged 18+.

North Valley Fitness Room

3825 4th St. NW, 87107.....**761-4025**

Palo Duro 50+ Sports & Fitness Center

3351 Monroe St. NE, 87110.....**880-2800**

JCC Pro Fitness Center, Jewish Community Center, 5520 Wyoming Blvd. NE.....**332-0565**

State-of-the-art fitness facility with complete cardiovascular line, resistance & stretching area, indoor track, & physical therapy. Registration & monthly fees.

Mall Walkers

Coronado Mall: 6600 Menaul Blvd. NE. Monday - Saturday, 6 am - 10 am; Sunday starting at 9:30 am.

Enter at entrance just west of JC Penny's truck court. Register at Coronado Mall Customer Service desk.

Cottonwood Mall: 10000 Coors Blvd NW. Monday - Saturday, 7a.m. - 9a.m.; Sunday 10a.m. - 6p.m.

Any entrance.

New Heart 601 Lomas Blvd. NE.....**881-8195**

Non-profit center for wellness.

Presbyterian Healthplex 6301 Forest Hills Dr. NE.....**823-8399**

Presbyterian Healthplex is a senior-focused wellness & rehab facility. Expertly staff trained in disease management. Registration and monthly fees.

Presbyterian Aquatics Therapy Program.....**823-8399**

Warm water therapy to reduce pain & increase range of motion & strength for individuals with arthritis & limited mobility. Classes are directed by instructors who guide participants through stretching, strengthening, & aerobics. \$35 for initial evaluation & then \$51 per month. Open swim without therapist.

Taylor Ranch Community Center, 4900 Kachina Rd. NW 87120.....**768-6006**

Fitness facility on Albuquerque's Westside. Treadmills, bikes, steppers, elliptical trainers & weight machines for a complete workout. Monday - Friday, 8:00 a.m. - 9:00 p.m.; Saturday 9:00 a.m. - 3:00 p.m.

Silver Sneakers/YMCA

Program offers exercise/conditioning classes, social events, health workshops and screenings. Fees may apply.

Anytime Fitness, 5809 Juan Tabo Blvd. NE.....**934-0524**

Defined Fitness, 4930 McLeod Rd. NE.....**888-7097**

Defined Fitness, 3301 Juan Tabo Blvd. NE.....**296-7000**

Horn Family YMCA, 4901 Indian School Rd. NE.....**265-6971**

McCleod Mountainside Family YMCA, 12500 Comanche Rd. NE.....**292-2298**

New Heart Phone, 601 Lomas Blvd. NE.....**881-8195**

The Open Gym, 4200 Wyoming Blvd. NE.....**299-2475**

For more information about other recreational opportunities and fun sports and fitness programs, call the
Department of Senior Affairs - DSA Senior Information.....**764-6400**

SENIOR & MULTIGENERATIONAL CENTERS

City of Albuquerque/Bernalillo County Department of Senior Affairs

Recreational activities, meals, educational opportunities, social services, health screenings and more are provided for the 50+ population. Open 8:00 a.m. to 5:00p.m., Monday through Friday; Saturday and evening hours vary at each site. Call 764-6400 for a current schedule or visit us online: www.cabq.gov/seniors. (See Nutritional Resources page for listing of City of Albuquerque Satellite Senior Centers.)

Barelas , 714 7th St. SW, 87102.....	764-6436
Bear Canyon , 4645 Pitt St. NE, 87111.....	767-5959
Highland , 131 Monroe St. NE, 87108.....	767-5210
Los Volcanes , 6500 Los Volcanes Rd. NW, 87121.....	767-5999
North Valley , 3825 4th St. NW, 87107.....	761-4025
Palo Duro , 5221 Palo Duro Ave. NE, 87110.....	888-8102
Manzano Mesa Multigenerational Center , 501 Elizabeth St. SE, 87123.....	275-8731
North Domingo Baca Multigenerational Center , 7521 Carmel Ave. NE, 87113.....	764-6475

The two Multigenerational Centers are for all ages, providing recreational activities, meals, educational opportunities, social services, health screenings and much more for participants age 6 and over. Open 8:00 a.m. to 9:00p.m. - Monday through Friday, 9:00 a.m. to 3:00 p.m. on Saturdays.

Other Centers

Albuquerque:

South Valley Multi-Purpose Center , 2008 Larrazolo Rd. SW, 87105.....	468-7341
Taylor Ranch Community Center , 4900 Kachina St. NW, 87105.....	768-6006

Belen:

Belen Senior Center	864-6739 or 864-2663
715-A South Main, 87002.....	www.co.valencia.nm.us
Del Rio Senior Citizens Center , 351 Rio Communities Blvd., 87002.....	864-7500

Bernalillo:

Bernalillo Senior Citizens Center , 255-B Camino del Pueblo, 87004.....	867-9448
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Bosque Farms:

Bosque Farms Community Center , 950 North Bosque Loop, 87068.....	869-5133
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Corrales:

Corrales Senior Center , 4324-A Corrales Rd., Corrales, NM 87048.....	897-3818
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Los Lunas:

Fred Luna Senior Citizens Center , 315 Don Pasqual Rd 87031.....	839-3853
Meadow Lake Senior Citizens Center , 100 Cuervo Lane 87031.....	865-8824

Rio Rancho:

Meadowlark Senior Center , 4330 Meadowlark Lane SE, 87124.....	891-5018
Meadowlark Meal Program , 4330 Meadowlark Lane SE, 87124.....	896-8313

Tijeras:

Tijeras Senior Center , #10 Tijeras Ave., Tijeras, NM 87059. Mailing Address: P.O. Box 9 Tijeras Ave, Tijeras, NM, 87059.....	286-4220
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TRANSPORTATION

Catholic Charities, 2010 Bridge Blvd. SW 87105.....**724-4659**
 Transportation to medical appointments, grocery shopping.....**www.ccasfnm.org**
 and business offices for seniors 60+. Services free but donations are welcome. Registration and 1 week notice required. One ride per week.

City Transit.....**www.cabq.gov/transit**

ABQ Ride.....**243-7433**

\$1.00 for persons under 62. \$0.35 for individuals over 62 with a government issued picture ID or driver's license with date of birth. Fee for original card: \$2.00. Act Now discounted bus pass: \$30.00. Regular/\$12.00 Seniors.

ABQ Mini-Ride/Sun Van

For applications call.....**724-3100**

For reservations call.....**243-7433**

For certified mobility impaired persons living within Albuquerque & most of Bernalillo County.

\$2.00 one way. Wheelchair capable. Rides must be cancelled 2 hours prior to the scheduled ride.

Department of Senior Affairs - Transportation Program.....**764-6464**

Medically-related or other transportation for individuals age 60+. Wheelchair accessible. Rides scheduled on first call basis. Requests may be made the day before or up to one week prior to the date that a ride is needed.

Seniors with special transportation needs: call DSA Senior Information.....**764-6400**

Contributions requested. No one will be denied services if he/she chooses not to contribute.

Vet Connect.....**1-800-672-7006**

Free transportation for veterans through various agencies.....**www.vetconnectonline.org**

ID Cards (for persons without drivers' licenses) can be purchased at:

NM Motor Vehicle Division (MVD) www.mvd.newmexico.gov.....**1-888-683-4636**

Monday - Friday 8 am - 4 pm. State operated - No age limit. \$18.00 for 4-year card/\$34.00 8 year card. Free for individuals age 75+.

Bernalillo, 829 Camino del Pueblo.....**867-5171**

Montgomery Plaza, 4575 San Mateo NE, Suite G-190.....**875-0715**

Rio Bravo, 3211 Coors Blvd. SW, Suite D-10.....**452-9239 or 452-9240**

Rio Rancho, 4114 Sabana Grande Ave. SE.....**1-888-683-4636 or 891-5014**

Sandia Vista, 11500 Menaul NE, Blvd. Suite F-1 \$10.00 4 yr. ID. \$18.00 8 year ID....**292-4570**

Tijeras, #12 Camino Municipal, Tijeras.....**281-2250**

Kirtland AFB, 1451 4th St. SE, Bldg. 20245, Albuquerque, NM 87117.....**846-8390**

Military Access Only, 5.00 fee, Credit Card

VOLUNTEER PROGRAMS - DEPARTMENT OF SENIOR AFFAIRS

Foster Grandparent Program.....764-6412

Volunteer opportunities for seniors (aged 55 and over) to volunteer with special needs children; stipend available for those that qualify.

RSVP (Retired & Senior Volunteer Program).....767-5225

Recruits and facilitates the placement of volunteers (aged 55 and over) in public and non-profit organizations to meet community needs.

Senior Companion Program.....764-1612

Volunteer opportunities for seniors (aged 55 and over) to volunteer with homebound elderly; stipend available for those that qualify.

Volunteer Today!

LEAD. INSPIRE. CHANGE THE WORLD... AGAIN.



We offer a wide variety of volunteer opportunities.

Do you have time, talents, skills, or hobbies you would like to share? If you do, please call the RSVP office at **767-5225**

www.cabq.gov/seniors



STOP Senior Hunger

Over 3 million seniors over the age of 65 are faced with the decision to pay for food or pay for medicine.

Donate Senior-friendly food at:

- Senior Centers
- Multigenerational Centers
- Sports & Fitness Centers



CITY OF ALBUQUERQUE

DEPARTMENT OF



BERNALILLO COUNTY

DEPARTMENT OF SENIOR AFFAIRS



Senior
HORIZONS
Program



CITY OF ALBUQUERQUE



BERNALILLO COUNTY

DEPARTMENT OF SENIOR AFFAIRS



MOST FREQUENTLY CALLED TELEPHONE NUMBERS

City of Albuquerque Department of Senior Affairs.....	764-6400
City of Albuquerque Department of Senior Affairs Administration Offices.....	764-6432
311 (City of Albuquerque Citizens Contact City-Wide Information Center)	768-2000 or 311
911(Emergency).....	911
Albuquerque Ambulance Service (*24/7).....	761-8200
Animal Control.....	311
Animal Humane Association.....	255-5523
Fire Department (City of Albuquerque Fire/Rescue).....	833-7397
(County Fire Department/Rescue).....	798-7000
Poison Control (New Mexico Poison/Drug Information).....	1-800-222-1222
Police Department (Albuquerque Police Department).....	242-2677/242-COPS
Road Services (New Mexico Department of Transportation [DOT]).....	798-6600
Sheriff's Department (Bernalillo County Sheriff's Department).....	798-7000
Solid Waste Management Department	
(Garbage/Trash Pick-up Information).....	761-8100
(Residential Large Item Pick-up).....	761-8100
Utilities	
(PNM – Public Service Company of New Mexico).....	246-5700
(New Mexico Gas Company).....	1-888-664-2726
Water Utility Authority Albuquerque Bernalillo County (Billing Inquiries).....	842-9287
(Emergencies After Hours)* 24/7	842-9287 Option #1

2017

July

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
²³ ₃₀	²⁴ ₃₁	25	26	27	28	29

August

S	M	T	W	T	F	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

September

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

December

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
²⁴ ₃₁	25	26	27	28	29	30

2018

January

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

March

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

April

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

May

S	M	T	W	T	F	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

June

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



CITY OF ALBUQUERQUE

DEPARTMENT OF SENIOR AFFAIRS



BERNALILLO COUNTY



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